The pride of North Carolina's electric cooperatives

Volume 45, No. 9 September 2013

Carolina Country

All Natural

INSIDE:

Clean energy

Mountain cheeses

Muscadine grapes

Sunset Beach

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Editor
Michael E.C. Gery, (919) 875-3062
Senior Associate Editor
Renee C. Gannon, CCC, (919) 875-3209
Contributing Editor
Karen Olson House, (919) 875-3036

Creative Director
Tara Verna, (919) 875-3134
Senior Graphic Designer
Warren Kessler, (919) 875-3090
Graphic Designer
Linda Van de Zande, (919) 875-3110

Publication Business Specialist
Jenny Lloyd, (919) 875-3091
Advertising
Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO
Joseph P. Brannan
Senior Vice President, Corporate Relations
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Standing before the Unknown

By Marisa Linton

It was terribly hot on the long hike through Arlington National Cemetery. The rows of crisp, white headstones marking the soldiers who had given their lives for freedom gave way to a single monument. Here, I was to take a leafy magnolia wreath down to the Tomb of the Unknown Soldier with my companions.

I stood atop a flight of stairs looking at two soldiers marching, guarding the tomb with unwavering devotion. All that could be heard was the tapping of their feet, despite the crowd of more than 200 watching.

I was filled with gratitude toward those who had sacrificed for our country. I thought of my father, grandfather and great-grandfather—all veterans of the U.S. military.

I looked past the marching soldiers to the tomb that stands for those individuals who lost not only their lives, but who also lost their identities. That I was able to pay tribute to such heroes left me without words. It was more than a wreath: it was a symbol for every ounce of gratitude, awe and remembrance I had welled up inside of me.

Through the years, the act of honoring the fallen has impacted Youth Tourists in many ways.

"Having lost a best friend in combat, I felt like I was honoring not only the unknown, but the known as well." *—Hannah Stutts, Youngsville, Wake EMC, Youth Tour 2013*

"I will forever remember the great pride the guards took in their duty. Their pride inspired me to embrace a deeper appreciation for my country and those who have and will continue to make sacrifices for our nation's wellbeing." *—Alex Loflin, Denton, EnergyUnited, Youth Tour 2012*

"It brought out a sense of patriotism in me I had never experienced before." *—Jesse Bunton, Morganton, Rutherford EMC, Youth Tour 2013*

"The moment when I laid a wreath at the Tomb of the Unknown Soldier was probably the single most moving moment of the Youth Tour." *—Douglas Stephens IV, Wade, South River EMC, Youth Tour 2011*

Marisa Linton of Wayne County was sponsored on the 2011 Youth Tour to Washington by Tri-County EMC, based in Dudley. She attends Campbell University and is an intern with the Corporate Communications department of the North Carolina Association of Electric Cooperatives in Raleigh.

Mike Olliver

Probably the most solemn part of the annual Youth Tour to Washington each June is when the electric cooperatives' young delegates present a North Carolina wreath of magnolia leaves at the Tomb of the Unknown Soldier in Arlington National Cemetery. That honor in 2012 went to Garrison Wagoner of Sparta, representing Blue Ridge EMC, and Alex Loflin of Denton, representing EnergyUnited.

Backyard beauty

I caught a shot of a fawn making its way through my backyard. A North Carolina beauty.

Lisa Lang, Asheboro, Randolph EMC

Fisher's Peak

This is the back side of Fisher's Peak, Surry County.

Brent Bull, Lowgap, Surry-Yadkin EMC

Dollar Man

Ruffers Davis of Roanoke Rapids is known as "Dollar Man." He saves at least $10 monthly gearing toward the Christmas holiday. He had his own dollar bill designed, printed and installed on his Tundra truck by Lynch's Signs & Graphics of Roanoke Rapids.

Ann Bryant, Roanoke Rapids, Roanoke EMC

Approaching Bayboro

This was an approaching storm on June 13 as seen from my farm in Bayboro, Pamlico County. Mother Nature sure is beautiful.

Bob Lyon, Bayboro, Tideland EMC

High hopper

I found this handsome young frog in the hole of our bluebird house.

Virginia "Ginny" Taylor, Yadkinville, Surry-Yadkin EMC

Contact us

Website: carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
Fax: (919) 878-3970
Mail: 3400 Sumner Blvd., Raleigh, NC 27616
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JACOB'S LOG:

Our energy, our future leaders

By Jacob Brooks

Members of the 2013–2014 Youth Leadership Council representing 42 states. They learn about issues affecting electric cooperatives, help staff the cooperatives national convention, and take on leadership roles in their communities.

In July, I had the privilege of returning to Washington, D.C., to assist with the Youth Leadership Council conference sponsored by the National Rural Electric Cooperative Association. These were students from 42 states who were participants in the 2013 Rural Electric Youth Tour, a national program sponsored by electric cooperatives that sends students to the nation's capital in June. When they were in Washington on the Tour, this group was selected to represent their states on the Youth Leadership Council. In July they participated in educational workshops at NRECA and at the National Rural Utilities Cooperative Finance Corporation. Not only did they learn the ins-and-outs of advocacy for cooperatives and about the issues facing electric cooperatives, they gained insight into the values and skills it takes to be a leader.

A central focus of my trip was to help select this year's Youth Leadership Council national spokesperson. With my colleagues, I listened to the students tell how the Youth Tour impacted their lives.

They told us how the Youth Tour experience was the first time some of them saw more than three traffic lights in one town. We heard about their first plane ride being a stressful experience, how baggage claim carousels can be confusing to an inexperienced traveler. They told how they were inspired by their experiences in Washington, how humbling it was to stand before memorials to World War II, Korea and Vietnam. Some discussed the gratitude they have always had for our men and women in uniform, and how after walking through Arlington National Cemetery they truly understood the sacrifice our soldiers have made and continue to make. I heard about their growth in patriotism as they stood before the Declaration of Independence. But, most importantly, I heard about the strength and confidence the Youth Tour instilled in them.

Many of these students shared stories of a modest upbringing in rural America and how an opportunity like the Youth Tour is something they only could have dreamed of. I heard about how the Youth Tour changed their lives and broadened their horizons. This phenomenal experience is changing the lives of thousands, just as it did mine.

You, of course, as member-owners of your cooperatives, make all of this possible. Without your support of the Youth Tour, we wouldn't be able to impact the thousands of young lives that we do. You give students like me a chance to grow and become something. Whether it's a lawyer, teacher or lineman, everyone needs to know they have someone in their corner. So thank you, rural America, for changing these young lives.

A personal testimony from Karina, the New York delegate *(she's at the very top of the line in the photo):*

"I just got back from Washington, D.C., with this year's Youth Leadership Council. I can honestly say this was one of the most life-changing experiences of my entire life. I met so many interesting people, including the wonderful folks from NRECA, CFC and other YLC alumni. My group was absolutely amazing. I've made best friends from 42 different states who I know I will be in contact with for the rest of my life. We truly became a family and I am eternally grateful to you for giving me this opportunity to meet so many fantastic people and learn so much about what truly bonds us as a family of electric cooperatives."

Keep it up, rural America. You're growing this country's future leaders.

Jacob Brooks in 2010 represented Blue Ridge Electric on the Youth Tour and North Carolina on the Youth Leadership Council. A native of Alleghany County, he attends Appalachian State University where he is president of Appalachian Student Ambassadors.

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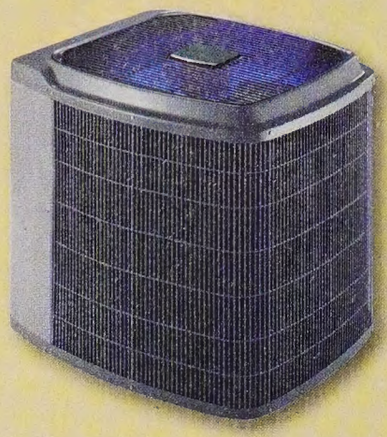
Leaky air conditioners and heat pumps can be unhealthy and expensive



If your air-conditioning system needs more refrigerant on a regular basis, it probably is leaking refrigerant.

Does your heat pump or air-conditioning system frequently need a refrigerant "boost" or a "charge"? If so, you should understand what could be going on before simply adding more refrigerant each time.

A HVAC unit that needs more refrigerant on a regular basis probably is leaking refrigerant. Some HVAC technicians may just replace or top off the refrigerant instead of checking your system for leaks.

The common refrigerant—chlorodifluoromethane, better known as HCFC-22 or R-22 or Freon—has been in a phase-out mode since the early 1990s. Once it's into the atmosphere, R-22 is known to deplete the earth's ozone layer, contributing to global warming.

The U.S. Environmental Protection Agency regulates R-22 under the Clean Air Act. Since 2010, EPA has banned the sale of new air-conditioning units containing the R-22 compound, and has promoted recycling of the gas from old machines so it will not be released. And beginning in 2020, R-22 no longer will be made available to boost existing air conditioners and heat pumps at all, even though the gas within the systems can be recycled. This all has made R-22 refrigerant more and more expensive each passing year.

If your heat pump or air-conditioning system leaks, not only is it releasing unfriendly greenhouse gas into the atmosphere, it's also causing your system's operation costs to rise. By hiring an EPA-certified technician to perform your service, you can assure yourself that the technician understands this refrigerant issue. The certification is often called "Section 608 certification" because of the section of the Clean Air Act that addresses R-22 issues. Ask if your technician has the EPA certification and can determine if your system's leak can be repaired or if the system should be replaced. Also ask when scheduling an appointment what the charge is for the first and each successive pound of R-22 refrigerant. It will pay to shop for a qualified contractor as R-22 prices are expensive and vary widely.

Today's HVAC systems are more efficient than they were 10 years ago, so your replacement cost would be partially recovered in the savings you achieve by consuming less electricity and requiring fewer service calls and refrigerant boosts.

As R-22 is being phased out, the HVAC industry is introducing systems that operate on alternative refrigerants. For more information, visit epa.gov/ozone

Deadline for Bright Ideas grants is this month

Teacher applications for Bright Ideas grants are due in September. Grants typically range from $1,000 to $3,000.

Nearly $600,000 in Bright Ideas education grant funding is available this school year to North Carolina teachers with ideas for innovative, classroom learning projects. Sponsored by North Carolina's 26 electric cooperatives, the Bright Ideas program strives to improve education in our state by giving teachers new resources to make a difference for their students.

Since the program began in 1994, educators have received about $8.5 million funding more than 8,300 projects that have benefited well over 1.5 million students.

Educators can find out more and apply for a grant at NCBrightIdeas.com.

Become a fan of "Bright Ideas Education" on Facebook for regularly updated information about the program.

Home remodeling that respects the environment

Here are some tips from EarthTalk (emagazine.com) for doing home renovations that can save you energy dollars, improve comfort and honor the environment.

Stockmonkeys.com

- Have an energy audit performed first.
- Look for building materials that contain post-consumer or post-industrial recycled content that can be easily recycled later.
- Minimize the distance any building materials need to travel.
- Plug holes, patch or replace roofing or siding as needed, adding weather-stripping around doors and windows.
- Switch out older single-pane windows with more efficient modern double or triple pane styles.
- Replace or add insulation, if needed, to walls, attics and other spaces.
- Swap out old appliances with newer Energy Star models that are 20–30 percent more energy efficient. energystar.gov
- Check out the U.S. Green Building Council's (USGBC's) Green Home Guide, a free online resource. (You can ask an experienced contractor questions or find green home professionals.) greenbuildingsupply.com
- Try the Regreen website that offers case studies, interactive tools and do-it-yourself guidelines. regreen.org
- Research environmentally-friendly building supplies and equipment at The Green Depot. greendepot.com

Piedmont EMC's 2013 Ford C-MAX Energi plug-in hybrid is a "hybrid plus." These cars are designed to deliver maximum efficiency by combining a rechargeable plug-in battery and electric motor with a gasoline engine.

Electric vehicle sales move along, but slowly

The auto industry is on pace to sell more plug-in electric cars—about 100,000—in the U.S. by the end of 2013 than were sold in 2012, according to Green Car Reports. In July, sales were running more than 7,000 per month.

Nissan was the industry leader with 11,703 plug-ins sold during the first seven months of 2102, which is more all-electric Leafs than Nissan sold in the U.S. during all of 2011 or 2012.

Close behind, said Green Car Reports, were sales of the plug-in hybrid (with back-up gasoline power) Chevrolet Volt range-extended electric car, with 11,643 in the first seven months of the year, versus 10,666 at the same time last year.

Chevrolet in July announced a $5,000 price cut of the Volt to $34,995. The Nissan Leaf sticker price is $28,800.

Electric vehicles amount to less than 1 percent of all U.S. vehicle sales. The Kelley Blue Book lists the average price for battery-powered and plug-in hybrid vehicles at $36,922 (before tax credits).

Not all electric cars are made the same. The 2013 Nissan Leaf boasts a driving range of roughly 75 miles. Once its lithium-ion batteries are drained, you need a 110-volt power outlet for recharging.

The 2013 Chevy Volt and Toyota Prius Plug-in both offer a gasoline back-up for their pack of batteries. The Volt will run on a charge for 38 miles. The Prius has a reported 11-mile range. Once the batteries are exhausted, a gasoline-powered generator produces electricity to keep the car rolling. The 2013 Ford Focus Electric, which sold only 685 units last year, has a 76-mile range.

The Volt can recharge by plugging into a traditional 120-volt outlet. This differs from traditional gasoline-electric hybrid vehicles like the original Toyota Prius, for which batteries are recharged only by the gasoline engine and a regenerative braking system. (In hybrids, batteries essentially supplement the gasoline motor.)

If you plan to acquire a plug-in electric car, notify your electric cooperative.

A rise in wholesale electricity prices

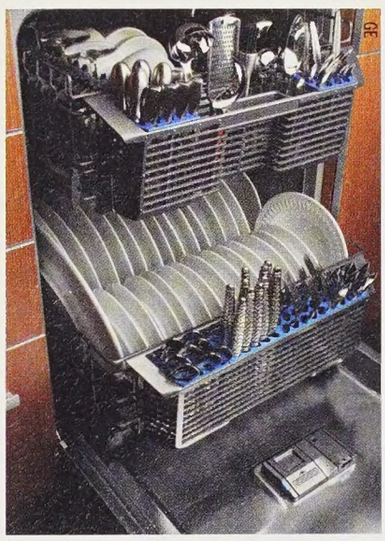
The Energy Information Administration in late July reported that wholesale electricity prices rose nationwide in the U.S. during the first half of 2013 compared to the first half of 2012. "The most important factor was the rise in the price of natural gas (the marginal fuel for generation in much of the nation) in 2013 compared to 10-year lows in April 2012," EIA reported.

The Christian Science Monitor followed the news with a report that the increase in natural gas prices is being driven by slower natural gas production growth, an increase in natural gas consumption, and a colder winter than usual, resulting in "increased demand for natural gas and lowered storage inventories."

North Carolina's electric cooperatives buy some of their power on the wholesale market.

Around-the-clock appliances

While appliances have become more energy efficient, few truly shut down anymore. And as Americans add more electronic devices to their households, more energy is consumed.



GE's new dishwasher with exclusive Wash Zones allows consumers to run a cycle on just the top or bottom rack, but remember to use energy-saving settings.

Leaving a phone plugged in without a phone attached uses 0.26 watts of electricity and 2.24 watts when the handset is charging. That 0.26 watts might not be a big issue. But if most of your electronic devices are doing that, it can add up to as much as 10 percent of your bill, according to the U.S. Department of Energy.

Leaving your cable box plugged in for a year and never turning it off adds, on average, $17.83 to your electric bill. Toss in a DVR function and that jumps to $43.46, DOE reports.

Some clothes washers and dryers, refrigerators and dishwashers can be set to come on late at night, when the wholesale power your co-op must buy costs less. Here again, the bigger you go with a new appliance, the more energy it will use.

Try using a power strip to turn several electronics on or off at once. For a bigger investment, look into "smart" power strips that allow you to cut power to certain appliances—say, your TV—while letting power flow to your cable box because it takes time to reboot after being unplugged.

—Magen Howard, National Rural Electric Cooperative Association

Try This!

Making energy use on the farm more efficient

Pumping water can account for 30 percent of a farm's energy use.

Farms are an integral part of the American and global economy—each of our country's agricultural producers feeds about 155 people worldwide. To help maintain that level of production in the face of rising costs for fuel, fertilizer, seed and equipment, farmers can make operations more energy efficient.

Energy audits

Energy audits offer a methodical approach to energy efficiency. A professional evaluates a farm's facilities and recommends improvements that will save energy and money. Recommendations could range from low- or no-cost fixes to projects requiring more time and investment.

When embarking on a farm energy audit, check with your local electric cooperative first. Cooperative Extension through N.C. State University (ces.ncsu.edu) also can introduce you to professional energy audits.

Low-cost options

Turning down or completely shutting off lights and "energy hogs" like window air-conditioners is the lowest-cost energy efficiency solution that farmers can try. Photo- and motion sensors, timers or programmable thermostats help.

Regular cleaning and maintenance can prevent future problems and keep equipment like fans, light fixtures and belts running at top efficiency. Tune-ups on seasonal items, including irrigation equipment, well pumps and crop-drying systems, at the start and end of each use cycle keeps parts running properly and efficiently.

Bigger investments

Irrigation consumes a great amount of electricity; pumping water can account for up to 30 percent of a farm's total energy use. Watering costs U.S. farmers $2.6 billion every year. Rebuilding existing pump motors will increase efficiency, but consider upgrading to a premium-efficiency model if the cost to rebuild is more than 65 percent of the replacement cost. This entails a larger upfront investment, but a new premium-efficiency motor may drive a faster payback due to energy savings and longer lifespan. The cost of electricity to operate an old, inefficient motor far exceeds its original price tag. Keep in mind that some motors draw a larger start-up current, so make sure your electrical system can handle the new motor before you buy.

Variable-speed drives on pumps also cut energy, as can computer-controlled scheduling tools.

Lighting upgrades

Lighting is another area to target. Transitioning from traditional lighting systems to LEDs cuts down both on energy use and maintenance costs. LEDs can provide more directed lighting; so less light is wasted. They are 80 percent more efficient than traditional incandescents and more durable than compact fluorescent lamps. Farms are harsh environments for lighting; some LED models are resistant to water and gaseous emissions. As with premium-efficiency motors for irrigation pumps, LEDs require a larger investment initially, but they recoup costs by needing fewer replacements and using less electricity.

Negotiating for a free trial of a product is also worth a shot. A salesman who stands by his or her product may be willing to give you a free trial.

More resources

To get started, call your electric cooperative and ask about farm efficiency programs. The U.S. Department of Agriculture hosts an online portal for a variety of farm efficiency resources, from calculators that can help save energy, fuel, or fossil-fuel-based fertilizers to specialized publications. Visit afsic.nal.usda.gov/farm-energy-options/farm-energy-efficiency.

Sources: Cooperative Research Network, E Source.

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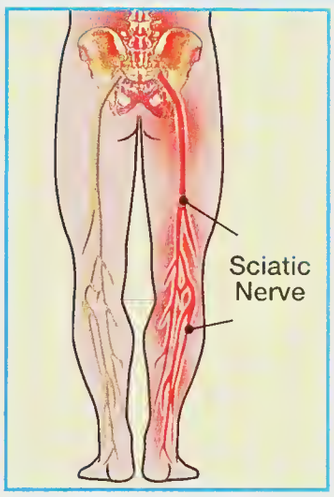

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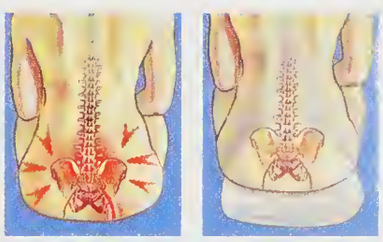

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Cooperatives & Clean Energy

How your cooperative complies with the North Carolina REPS program

North Carolina's electric cooperatives are actively helping to broaden the use of renewable energy sources to generate electricity. Along with programs to help you use electricity efficiently, your co-op's renewable energy initiatives help develop a growing clean energy industry as we advance toward a secure energy future.

Adopted by the state legislature and signed into law by Gov. Bev Perdue in 2007, the Renewable Energy and Energy Efficiency Portfolio Standard (REPS) sets standards and a schedule that electricity providers follow to add renewable energy to their "portfolio" of resources used to produce electricity. The REPS also includes provisions for energy efficiency programs aimed at reducing demand for electricity. North Carolina was the first Southeast state to adopt such a policy and is among 29 U.S. states with similar programs.

North Carolina's program promotes use of specific renewable energy resources. Solar energy, poultry waste and swine waste are prioritized in the legislation, and its schedule requires the use of those resources to a specified extent. Other resources that comply include wind, hydropower, geothermal generation, wave or ocean current energy, biomass (including animal waste, wood products, energy crops and landfill methane gas), waste heat and hydrogen from renewable sources, and measurable renewable customer-owned generation sources.

The North Carolina Utilities Commission is charged with monitoring the REPS activities and ensuring that all electric utilities comply.

The schedule requires electric cooperatives and municipally owned utilities to show that 3 percent of the electricity they provide comes from renewable resources in 2012–2014. The required percentage rises to 6 percent in 2015–2017 and 10 percent in 2018 and beyond. Percentage requirements increase to 12.5 percent in 2021 for investor-owned utilities such as Duke Energy.

Utilities comply with the REPS law by acquiring Renewable Energy Certificates (RECs). One REC is created for every 1 megawatt-hour (1,000 kilowatt-hours) of electricity generated by a renewable energy source. Renewable generators report their REC production to the state, and once created, these RECs can be bought or sold. On an annual basis, the Utilities Commission verifies that each utility has an adequate inventory of RECs to comply with the requirement.

Electric cooperatives employ varying strategies to acquire RECs, to meet the REPS requirements. The primary strategy for the cooperatives has been to purchase RECs from renewable energy generation facilities. Cooperatives since 2008 have accumulated RECs from renewable energy facilities such as solar, wind and biomass power projects in order to

add renewables to the energy supply. Most of the cooperatives' acquisitions come from in-state renewable energy producers, but some come from producers outside North Carolina as permitted by the REPS law (up to 25 percent). A benefit of this strategy is to bolster the development of renewable energy facilities, providing jobs and improving North Carolina's economy.

The legislature included provisions in the REPS law to limit the cost to electricity consumers by placing a cap on the amount utilities may incur and recover from consumers to comply with the law. For example, in 2012–2014, co-ops may not charge residential consumer-members more than $12 per year to acquire renewable energy, and no more than $34 per year after 2015. To date, co-ops have been able to meet REPS requirements without exceeding the cost cap, according to compliance filings with the Utilities Commission.

Another effective strategy the co-ops pursue in their REPS compliance is introducing various energy efficiency programs. Such programs must be approved by the Utilities Commission and must yield measurable efficiencies that the commission can verify. Some of the most successful co-op programs have resulted in widespread installation of efficient water heater kits and efficient lighting, as well as removing older second refrigerator-freezers from homes. Besides reducing overall power demand for these appliances, the programs also save consumers money on their power bills.

This is the 13th in a series produced by the North Carolina Association of Electric Cooperatives.

What you can do

See "A Citizen's Guide" to the REPS program at energync.org

See the N.C. Utilities Commission tracking of REPS projects at ncrets.org

See energy efficiency ideas at togetherwesave.com

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Muscadines

The pop and a burst of juice make muscadines one of the traditional treats of late summer

by Carole Howell

Ray Hoffman, my father and muscadine mentor, has been cultivating his passion for muscadines all of his life. Even though arthritis sometimes limits the time he can spend in direct care, he supervises from his modified golf cart and planted two new rows this past spring.

As a boy, my father regularly ignored his sister's call to supper. Even as she stood calling from the edge of the woods, he was sitting high in the tree branches eating wild muscadines, the hulls littering the ground a dead giveaway to his whereabouts.

For the last eight decades, he has continued loving the fruit and tending many varieties, some 50 years old, on his farm in Lincoln County. In September he sells the fruit by the gallon, and in the fall he makes the wine that he shares with his friends at Christmas.

Muscadines are the darker variety, while the bronze-colored grapes are sometimes called scuppernongs.

Although they've been cultivated for centuries in the U.S., folks up north don't often have the pleasure of the pop and sweetness of a southern sun-ripened muscadine.

Muscadines are not only good by the handful and the glass full, you also can freeze them, juice them, make jelly and preserves, bake them in pies, turn them into wine, and make healthy smoothies with them. They're currently in research for the medicinal value of the seeds and skin, already available as a dietary supplement. Muscadines are high in antioxidants and have been linked to treating cardiovascular disease.

In North Carolina, the muscadine grape industry has been steadily on the rise since the 1970s. Our soil and climate create prime growing conditions for both commercial production and personal enjoyment, so it's not surprising that muscadines are the official state fruit.

It's clear from the September crowds at our small vineyard that muscadines have quite a fan base. Each year more and more of our pickers are also picking my father's brain for advice on starting their own vines.

Grow your own

Whether you enjoy muscadines fresh, in a wineglass, or spread as jelly on a hot biscuit, you know that they're a late summer treat that shouldn't be missed. If you want to make sure never to miss a season, the solution is to grow them yourself.

Whit Jones, retired N.C. Cooperative Extension horticulture agent and now a consultant for Cottle Farms in Duplin County, knows about muscadines. In fact, they've been his passion for the past 20 years. He's worked with grape growers in Duplin County for most of his career.

He also gets lots of questions from amateur growers who would like to plant their own vines.

New vines are placed in the spring, so fall and winter is the prime time for setting your posts and wires. Choose a location that is well drained. "Start with a soil sample to see what nutrients you're missing," advises Jones. Testing kits and instructions are available at no cost for North Carolina residents. Get yours from your county's Extension office.

For support, Jones recommends untreated black locust or metal posts for organic production. Salt-treated, 3-inch to 5-inch diameter posts also work well. Choose an 8-foot-long post, leaving 5½ feet above ground, 20 feet apart with 10 feet to 12 feet between rows.

Two parallel wires, officially known as a Geneva double curtain, is a favorite of small gardeners and actually increases your yield by about 30 percent, says Jones.

"Use a #9 galvanized wire for support," says Jones. "Anything less will deteriorate over time." The wire is available at some hardware stores and at stores that sell livestock supplies.

With spring, after the last frost, comes the planting. The type of muscadine you choose depends on your preference and how you plan to use them.

"Supreme, Fry, Tara, and Lane are good fresh market varieties, perfect for snacking just as they are, and are popular in North Carolina," says Jones. "For making wine, Carlos, Noble, Doreen, and Magnolia are good choices." He adds that if you choose a female such as Fry or Supreme, you should also add a self-pollinator such as a Nesbitt, Carlos, or Tara to ensure pollination.

Pick and plant

You simply can't grow fruit-bearing muscadines from seed, so choose a nursery for your plants or a fellow grower willing to share a rooted cutting. Cultivars are developed for disease and cold tolerance, sugar content, size, and ripening schedule. With so many varieties, it's easy to find one to satisfy every taste and purpose.

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The listing of commercial nurseries in this publication does not imply endorsement by Carolina Country magazine nor discrimination against similar nurseries not mentioned.

Spring brings new, fruit-bearing growth from shoots carefully pruned over the winter months.

Plant one shoot per post about 15 inches away from the post to help support the weight of the main vine and keep the trunk straight.

Training your vines to reach the wire supports is an important part of the care of a new plant. Place a tall stake next to each plant and use a zip tie or string to loosely fasten the young plant. Add ties every two or three weeks as the plants stretch upward. Trim any offshoots from the sides of the plant as it grows, leaving the top two shoots. Once the shoots have reached the wire, continue to tie the vine until it is firmly committed to the wire support.

A little care makes a great harvest

Muscadines are not care free, but a backyard vineyard should not be difficult or overly time-consuming to maintain.

After the vines start breaking buds in the spring, apply fertilizer. Jones recommends using 4 ounces, about a handful, sprinkled lightly about a foot away from young plants. He favors a 6-6-18 tobacco fertilizer. Apply lime as necessary to maintain a 6.2 to 6.4-pH level.

September is for harvesting and enjoying the fruits of your labor. The fruit is ripe when it yields to a gentle squeeze. Pick individual grapes and not bunches. One piece of advice: Bees and wasps like grapes too, so be careful when picking. No one enjoys picking an angry wasp.

January and February are trimming months when the plants are dormant. The younger the vine, the less trimming it will need. With a pair of sharp hand-snippers, cut back any shoots that are toothpick size and snip the larger shoots back, leaving 2–4 buds.

If you need more information, the experts at NCSU Cooperative Extension have all the advice you need to get started and maintain healthy vines. Visit their dedicated website at ces.ncsu.edu/muscadines

See a recipe for a muscadine grape hull roll at our website. Carolinacountry.com

Carole Howell is an independent writer and amateur muscadine grower in Lincoln County. You can read more about her at walkerbranchwrites.com.

The Legend of Council Wooten

LENOIR COUNTY NOTABLE

By Chris McCallister

Adorning North Carolina's halls of history are portraits of many well-known North Carolinians. Even though Council Wooten is not one of them, he made his mark on state government and did become a legend in his native Lenoir County.

Council Wooten (1804–1872) was the son of John Wooten, who began selling hats in Pitt County then expanded into Greene, Lenoir and Wayne counties. He would sell hats at monthly courting time, when a circuit judge would arrive to hear cases. Known for his "good judgment, thrift and economy," the elder Wooten managed to acquire 800 acres in Lenoir County where he established a plantation. The story is that John Wooten swapped his own undesirable land for 200 acres of rich swampland and 600 acres of upland owned by a man named Creel. Creel was in legal trouble over his land and was uncertain of his title to it. Wooten researched the title, found it fine, and convinced Creel to swap properties. The plantation, about five miles west of La Grange, raised corn and hogs and grew in size, making Wooten prosperous.

The elder Wooten served a spell in the North Carolina House of Commons, and his son Council followed, serving in the General Assembly in 1829–1832, 1835 and 1848. He also served on the Council of State with Thomas Bragg during the antebellum period and with John W. Ellis in 1861.

Council Wooten was known as a renegade of sorts. Lenoir County legend says he petitioned the General Assembly to grant free black men the vote, maybe to gain himself more votes. Although state law made it illegal, he and his wife, Eliza, taught their 500 or so slaves to read and write, using the King James Bible. He required that all his slaves be clothed well, and every winter he gave each family a fully dressed hog.

Wooten valued education, schooling himself and his 12 children. He founded a private school near his plantation and hired Yale University graduate Joseph Elliotte to run it. The Wooten School was open to neighborhood children and was always full. It closed after Preston Wooley opened a school in La Grange.

A personal friend of governors John Ellis, Thomas Bragg and Zebulon Vance, Wooten regularly entertained the high and mighty at his plantation. Before the war, he was one of the executive directors of the Atlantic and North Carolina Railroad Company.

During the Civil War in spring 1862, the Wootens and neighboring Joyners abandoned their plantations, relocating, it is believed, near Wilson. After the war, Wooten returned to reclaim part of the plantation. By that time, says Gary Fields, president of the La Grange Historical Society, "The Wooten plantation was shot up and virtually destroyed. The Wootens continued to farm what was left of the plantation and apparently brought it back to life."

Both Council and his son Council Simmons were friends with President Jefferson Davis and served in his Confederacy administration, perhaps in a financial capacity. After the war they were stripped of their citizenship and had to reapply. Gov. William W. Holden, writing on behalf of Wooten to R.J. Powell, agent for North Carolina, said on Sept. 26, 1865, "His exemplary conduct as a loyal citizen of the United States government, his universal liberality to the poor in his section, are attested by them, during and since the rebellion and the unanimous recommendation of his people, including all conditions of Society and every shade of political opinion, are appeals in his favor not to be disregarded." President Andrew Johnson pardoned Wooten three days later.

During the last 10 years of his life, Council Wooten worked at raising his grandson, James Yadkin Joyner, future Superintendent of Public Instruction (1902–1919) and namesake of East Carolina University's Joyner Library.

Chris McAllister teaches history in the Lenoir County public schools and at Wayne Community College. His book on La Grange history is due out this winter.

Above Left: *A portrait of Council Wooten about the time he served in the state legislature. They said of him, "If he did not like a law, he would run for office and change it." (Courtesy of the North Carolina Museum of History)*

Above right: *An 1880 portrait of Wooten's grandson James Yadkin Joyner. Joyner's father and mother (Wooten's daughter) moved to Yadkin County to escape the effects of Civil War near home in Lenoir County. Young Joyner was orphaned at 2 and raised by his grandfather. He became a leading educator in the state. (Special Collections, J. Y. Joyner Library, East Carolina University)*

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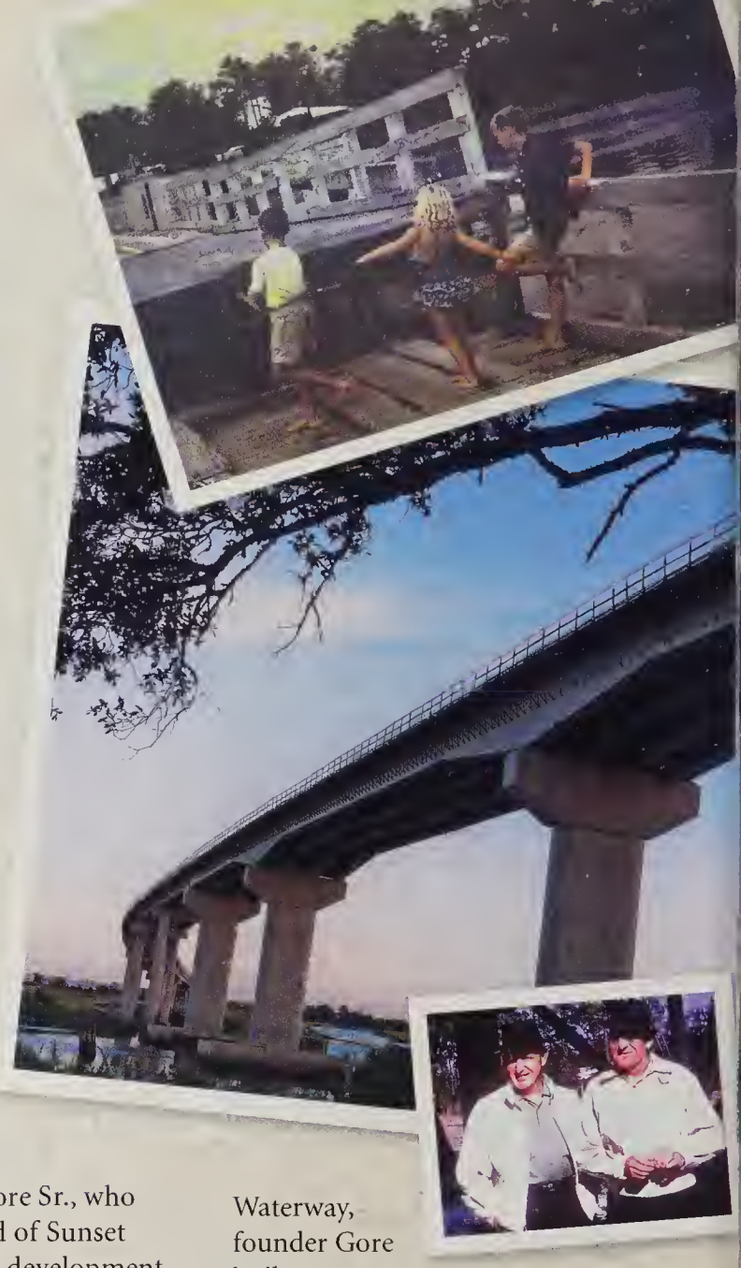
Still natural after all these years

50 years later, Sunset Beach still likes things the way they are

By Hannah Miller



Even the sand seems to like Sunset Beach. For years, it's been coming in from offshore, adding to the already wide expanse of natural beach on the three-mile-long island near the South Carolina state line. Unlike other North Carolina beach communities, Sunset has never had to resort to pumping sand onto the beach.

"If I knew why, I'd be a genius," says coastal authority Orrin Pilkey of Duke University. What he does know, he says, is that "it's a marvelous beach."

Another reason the island is marvelous is that because of its alignment on earth—roughly northeast to southwest—you can see sunsets over the ocean.

Some 15,000 Sunset Beach fans would agree it's a marvelous place. They're the 3,600 year-round residents of the town of Sunset Beach, 100 of them on the island and the rest on the mainland, plus the nearly 12,000 vacationers that swell the summertime population. Townspeople think so much of Sunset, which celebrates its 50th anniversary this year, that they've held a series of anniversary parties, put together an exhibit of historic photographs at Ingram Planetarium, and are collecting mementoes for a time capsule to be sealed in March 2014.

Small is beautiful

Sunset started out low-key and residential, planned that way by founder Mannon C. Gore, says his son, Edward M. Gore Sr., who succeeded him as head of Sunset Beach and Twin Lakes development company.

It's still that way, says town council member Karen Joseph, even though "It's a small town whose population has doubled in a very short period of time."

A 35-foot height limit on island buildings pretty well limits them to two-story, single family homes, says former mayor Ron Klein. Commercial enterprise, which includes five golf courses and several residential communities, is on the mainland.

The most impressive thing about Sunset may be the accommodation it makes to the ever-changing ocean, Klein says. Years of sand build-up have created a 200-foot stretch of land between homes on the island's main street and the dune line, yet the extra sand has never been built on.

"That is so unusual," says Pilkey.

The reason, says Gore, is prohibitive deed restrictions put in place by his father that are now part of zoning law.

To get people over the Inland Waterway, founder Gore built a pontoon bridge beside his home. "People would drive up and honk their horns," and he'd pull the cables that operated the bridge, says Ann Bokelman of the Old Bridge Preservation Society.

Various improved versions of the old one-lane bridge lasted until 2010, when the state built a soaring stationary structure. The old 110-foot span and the tender house were moved by tugboat and crane to the mainland, where the Old Bridge Preservation Society is turning them into a museum.

Critter heaven

Because its sand has never been artificially replaced, Pilkey says, the island beach is "a rich ecosystem. So full of critters—mole crabs, coquinas."

Up to 30 loggerhead turtles crawl ashore each summer to nest, says Carmel Zetts, coordinator for the 65-member Sunset Beach Turtle Patrol. Members check nests beginning at 5 a.m. and, when hatching occurs, they

Farther down the beach, on what was separate Bird Island before shifting sands filled in an intervening inlet, more dunes and marsh make up the 1,400-acre, state-owned Bird Island Coastal Reserve.

"It's an incredible area to go kayaking in, so many tidal creeks. Just drift past the herons and the egrets and the willets and they'll just be sitting in the grass looking at you," says Jim Barber, coordinator of the Bird Island Stewards, who leads birding tours.

Between the natural wonders—"The sunsets are absolutely indescribably beautiful," says Edward Gore—and the small-town atmosphere, Sunset Beach is "a wonderful place to live," concludes council member Karen Joseph.

Carolina Country contributing writer Hannah Miller also believes Sunset Beach is marvelous. "Sunset Beach, especially at sunset, is such an inviting place. I used to go there even when I was staying someplace else, just to see the dunes and the black skimmers and to write in the Kindred Spirits notebook."

Top left: *Children play on the bridge Mannon Gore fashioned from a surplus WWII pontoon barge in 1958. (From the Edward Gore, Sr. Collection)*

Middle left: *Irene Dowdy won first place in the 2010 Sunset at Sunset Photo Contest with this picture of the new Mannon C. Gore Bridge.*

Bottom left: *Edward Gore (left), and his father, Mannon Gore, a farmer who bought sparsely inhabited Bald Beach in 1955 and turned it into Sunset Beach. (From the Edward Gore, Sr. Collection)*

Above: *Members of the Sunset Beach Turtle Patrol excavate a hatched nest. (Photo by Jim Barber)*

Above right: *A baby loggerhead turtle crawls from its nest to the ocean down a path dug by the Sunset Beach Turtle Patrol. (Photo by Jim Barber)*

Right: *Frank Nesmith rests on the bench where visitors write in notebooks from the Kindred Spirits mailbox. When you're writing, he says, "Generally people walk by and wait till you leave. Give you time to be by yourself." (Photo courtesy of Frank Nesmith).*

Bottom middle: *A Green Heron in the Bird Island Coastal Reserve off Sunset Beach (Photo by Jim Barber)*

Want to know more?

sunsetbeachnc.gov
sunsetatsunset.com (Oct.5 town-wide party)
oldbridgepreservationsociety.org
nccoastalreserve.net (Bird Island)
sunsetbeachturtles.org

Underground power lines

Electric service on the island of Sunset Beach is provided by Brunswick EMC, the member-owned Touchstone Energy cooperative serving Brunswick and Columbus counties. In recent years, Brunswick EMC has moved all distribution and individual service lines on the island from overhead to underground. This conversion was made possible through a Federal Emergency Management Agency (FEMA) grant of more than $6.25 million obtained by BEMC to mitigate electric system damage from hurricanes on the barrier islands of Brunswick County.

Underground lines are protected from both wind damage and the corrosive effects of salt air; this increases system reliability and greatly reduces the volume of power outages from major storms.

Kindred Spirits

The peaceful Bird Island dunes off Sunset Beach inspire contemplation, and many visitors are moved to pour out their hearts in a notebook found in an isolated mailbox there.

"It's an inspiring place when you get down there," says Frank Nesmith, 86, who with a visiting vacationer, the late Claudia Sailor of Fayetteville, put up the mailbox that included the first notebook in the 1970s.

"Some people get a religious feeling, " he says. "Some people get a patriotic feeling. Some people get a feeling of being close to nature." They started calling the mailbox "Kindred Spirits"

Nesmith forwarded the hundreds of filled notebooks to Sailor, until her death in January. He continues to replace them, but now the filled notebooks will go to the archives at UNC-Wilmington.

"Some of them will bring tears to your eye," he says. "A bunch of cousins wrote that their granddaddy had a house down here at Sunset Beach. One of the things they did when they came down was go to the mailbox. One Thanksgiving he was not with them anymore. Even had a special service for him down there."

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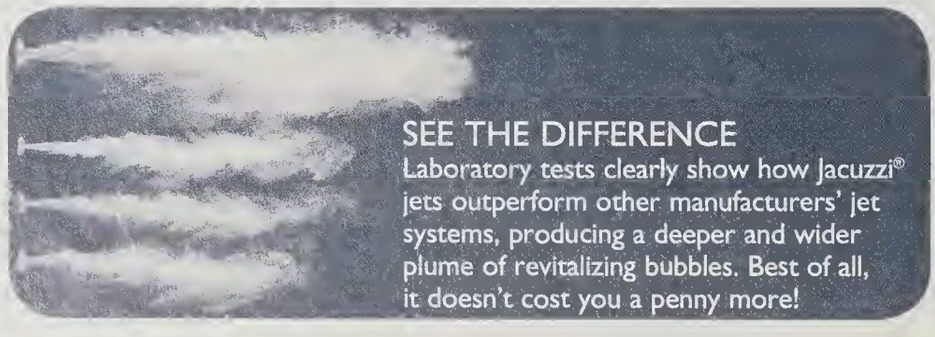
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Bullying at school

Recognize signs, involve others

Going back to school can be stressful for many kids, especially if they have been the victims of bullying. According to Youth Ambassadors 4 Kids Club, an organization dedicated to eliminating bullying, an estimated 77 percent of students will experience some form of mental or physical bullying during their school years.

While the statistics are worrisome, there are measures parents and caregivers can take to help identify the signs of bullying and the anxiety it can induce so they can help their children through this difficult situation.

Recognizing bullying

Bullying can take many forms, including hitting, threatening, intimidating, maliciously teasing and taunting, name calling, making sexual remarks, stealing or damaging personal belongings, and indirect attacks such as spreading rumors or getting others to exclude another student.

Today, cyber bullying—bullying through electronic outlets such as text messages and social media sites—has made this issue a 24/7 challenge.

"Bullying can have a significant impact on students," says bullying expert John Nixon. "Children and teenagers who are bullied suffer from anxiety, fear, withdrawal, low self-esteem and poor concentration. Recognizing the warning signs is the first step toward ending the behavior."

Signs that your child may be a victim of bullying include:

- Coming home with damaged or missing clothing, books and other belongings
- Unexplained injuries
- Frequent complaints of headaches, stomach aches or feeling sick
- Changes in eating habits (comes home starving because lunch was stolen)
- Loss of interest in friends or going to school
- Asks for money or starts stealing (to pay bully)

- Mood and behavior changes
- Nightmares
- Starts stammering
- Doesn't want to go on the school bus
- Trouble sleeping and/or having frequent bad dreams
- Feelings of helplessness or not being good enough

What you can do

Establishing a process for detecting, discussing and monitoring bullying can help in more effectively reaching a solution. "It can be embarrassing for a child to admit that they are being bullied," said Nixon. "And many kids don't tell parents about it because they are afraid of either being blamed for the situation, or they are afraid of how the parents will react."

Take action

Nixon offers some tips for what parents and caregivers can do:

Communicate—Ask children questions about how they slept or what they are looking forward to doing in school that day. Their responses can provide a wealth of insight.

Gather more information—Ask teachers if they have noticed anything that would signal the child had been bullied. Also, check a child's text messages and Facebook profile for signs of cyber bullying.

Discuss the problem with the parents of the child who is bullying, if it is appropriate. Talk with your child's teacher(s). If he or she is not responsive, escalate the discussion up to the principal or superintendent if necessary.

You can find additional information and resources for helping students deal with bullying at a4kclub.org, and stopbullying.gov

—Family Features.com

Take care of mold before it turns ugly

How to recognize and treat the fungus

North Carolina certainly has seen some rain this summer. According to the State Climate Office of North Carolina, this past June was the second wettest June on record since 1895.

Unfortunately, when rain falls mold follows. It's important for homeowners to recognize signs of mold or water damage, and to catch these issues early on.

Mold actually is everywhere, though its amount and location are what can be harmful to your home and your health. Mold becomes a problem when moisture, including high humidity, is present, and the mold begins to grow. According to the National Association of the Remodeling Industry, the risk increases in places more exposed to moisture, such as bathrooms, kitchens, attics and basements. Often, bathrooms that are not properly insulated or ventilated are at greater risk.

Mold growth behind the wall can reduce the direct health risk to the homeowners, but if left untouched it poses a risk to the structural elements of the bathroom as it can soften wood over time.

Recognizing issues

Here are tips for early detection and preventative measures for mold growth:

Odor

Many times you don't need to physically see the mold because it will have an odor. If you walk into a room or basement and smell mildew, it's time to investigate.

Staining

By the time you notice staining, water either has been or is present. Drywall and paint are cheap to replace, so have a contractor cut through the drywall and locate the problem. Be ready to fix the problem after you've exposed it.

Blistering

Paint that is peeled or blistering, bulging dry wall, and screws or joints that are popping out are all signs that the wood is warping from repeated water exposure.

Ventilate

Areas that have accessible water systems are extremely susceptible to mold growth and must have proper ventilation. Consider buying a bathroom fan with a wired timer that will continue to run 30 to 60 minutes following bath and shower use to keep moisture down.

Removing mold

Mold remediation includes placing a plastic barrier to contain the area with the mold, so that it doesn't spread into other parts of the home. As mold is being removed, a fan drives air to the outside through a window, and HEPA vacuums remove leftover mold particles from the area. Once the area is completely cleared of mold and dried, it is sealed with a mold-inhibiting paint such as Kilz to help prevent future outbreaks.

Prevention

The key is to curb moisture whenever possible in your home. Dry wet areas immediately—this includes shower walls and water spills on the carpet. Hang wet clothes and towels outside to dry. Vent appliances that produce moisture such as clothes dryers to the outside (not the attic). Air conditioning will lower humidity, as will a dehumidifier placed in a bathroom or basement.

—National Association of the Remodeling Industry

Local resources

Mold and mildew issues are handled by the N.C. Department of Health and Human Services. For resources, visit ncdhhs.gov (type in "mold") or call (919) 707-5950. You can also get information at the Environmental Protection Agency's website, epa.gov.

Electrical safety

Take care when working on DIY home projects

The economic downturn and popularity of home improvement shows on TV have inspired more homeowners to tackle do-it-yourself projects than ever before.

Faced with declining home values and aging properties, homeowners in some cases may choose not to pay for the services of a licensed electrician. However, most of us don't have the training or experience needed to safely perform electrical work, which increases the risk of injury and electrocution and potentially introduces new dangers.

Working with electricity requires thorough planning and extreme care—cutting corners can be a costly mistake.

For example, electrical outlets cause nearly 4,000 injuries every year in the U.S. And each year, more than 19,700 people are hurt by ceiling fans that are improperly mounted or incorrectly sized.

The Electrical Safety Foundation International strongly recommends hiring a qualified, licensed electrician to perform electrical work in your home. However, if you decide to do it yourself, consider the following important safety tips:

- Make an effort to learn about your home electrical system so that you can safely navigate and maintain it.
- Never attempt a project that is beyond your skill level. Calling a professional may help prevent electrical fires, injuries and fatalities.
- Always turn off the power to the circuit that you plan to work on by switching off the circuit breaker in the main service panel.
- Be sure to unplug any lamp or appliance before working on it.
- Never touch plumbing or gas pipes when performing a do-it-yourself electrical project.

Source: Electrical Safety Foundation International

Power tools

The following guidelines can increase your safety when using power tools:

- Use ground fault circuit interrupters (GFCIs) with every power tool to protect against electric shock hazards.
- When working with electricity, use tools with insulated grips to avoid electrical shock.
- Always plug power tools into a grounded outlet, unless they are double-insulated.
- Never use power tools near live electrical wires or water pipes.
- Do not use power tools without the proper guards.

For more tips on treating electricity with care in the home and workplace, visit esfi.org.

Long-term care

Make plans before they are needed

The best time to make decisions regarding long-term care is well before care is needed. An unexpected illness or injury may force you or a loved one into making hasty decisions.

Look into local caregiving services, including in-home care providers, elder shuttles and meal programs.

Long-term care is a set of services and supports for people who are unable to perform "Activities of Daily Living" (ADLs). ADLs are self-care activities, such as getting in and out of bed, walking, bathing, dressing, eating, and bowel and bladder management.

About 70 percent of people turning 65 can expect to need some kind of long-term care services as they age. Experts encourage everyone over age 50 to research options and make important choices. Long-term care planning means developing a personal strategy now for how things should be handled later when you or a loved one needs care.

Staying in charge

An important part of long-term care planning is outlining how you would like things to be handled. Expressing preferences clearly about how any declines in ADLs should be handled, what financial resources are available, and who should provide needed care is a good way to retain control.

Legal documents

All adults over age 18 should execute legal documents that appoint one or more individuals to make health care and financial decisions for them should they become unable to make decisions for themselves. An attorney can also prepare an advance care directive, which is a set of written instructions detailing what medical care you want or do not want.

Housing

Those who would prefer to stay at home for as long as possible should consider making modifications as needed. Typical modifications include adding wheelchair ramps, installing medical alert systems and adding handrails or safety grips.

Family care

Unpaid family members are the most common source of long-term care help. But they may not be able to provide all the care you need, or be there every hour or each day. If you intend to rely on family members for long-term care services be sure to involve them in your planning. Make sure they are willing and able to be caregivers for you.

Care facilities

As part of your plan, look into caregiving services in your area, including in-home care providers and elder daycare centers. Several types of housing come with support services for people who cannot fully take care of themselves due to aging or disability. For more about various housing facilities and costs that relate to long-term care, visit longtermcare.gov.

—Family Features.com

Local senior services

The North Carolina Division of Aging and Adult Services provides information about local agencies, services and options. Visit ncdhhs.gov/aging or call (919) 855-3400. To see a list of local care, transportation, meal and other living services organized by county, visit ncdhhs.gov/aging/service.htm and click on the "By County" link. (Alternately, you can research by kind of service needed by clicking the "By Services" link.)

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Sept. 8 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By e-mail: where@carolinacountry.com

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P.O. Box 27306
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Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our September issue, will receive $25. To see the answer before you get your October magazine, go to "Where Is This?" on our website carolinacountry.com

August winner

The August magazine's picture, by Karen Olson House, shows a place on Dobbs St. across from the railroad tracks in the town of Halifax. Marcus Perry, a member of Roanoke Electric, told us he was born here in 1940. "The home was built in the late 1800s by a Dr. Freilough (misspelled?) and remodeled by N. L. Stedman probably between 1920 and 1930. My father, M. W. Perry, purchased the house in the late 1930s. The photo shows the porticoshay, as it was called back in the day, added by N. L. Stedman when he remodeled the house." The winning entry, chosen at random from all correct submissions, was from Martha Smith of Enfield, a member of Halifax EMC.

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I Remember...

This was when we first got Snowball.

Saving

When I was a little girl, and in fact throughout my childhood, Daddy and Mother ran a country store where they sold everything from shoes to fertilizer and nails. They also farmed, and because Daddy had one of the first self-propelled grain combines, he bargained with other farmers to harvest their grain as well.

They needed help from their older children to do all this, so my brother and I were "called into service." My brother at the age of 5 would guide the tractor or truck in the fields as Daddy loaded on the hay or straw.

When I was 5, our family acquired a beautiful ball of white fur—an Eskimo Spitz puppy. We named her Snowball, and I latched onto her for my own. When she came of age, she bore two litters of puppies. Mother and Daddy told me that if I could sell them, I could start my own savings account with any money I got from the sale. I do not remember how much I deposited into my savings account from the sale of Snowball's puppies, but I do know that opening my own account taught me the importance of saving.

Delores Thomas, Peachland, Pee Dee EMC

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Army life

My dad, Johnny Ross, was born in Mississippi, joined the Army when he was 17 and was sent to Ft. Bragg, N.C., where he served for about 27 years. They didn't have Jeeps or the Airborne then. They had mules.

He met my mother there, a local gal, and they raised six children on Army pay. Dad needed to make extra money, so he started cleaning the #10 theater after the movies, and my mother would make popcorn that he would sell for 10 cents a bag. Soon, he began cleaning the projection machines, then the guys showed him how to run the movies. Pretty soon he was manager of about 12 movie theaters. During the war, celebrities would come to Ft. Bragg to put on road shows to raise war bonds, so we got to meet movie stars.

Now Dad was a storyteller and could keep soldiers laughing, like when the mules got loose in Fayetteville, causing an uproar, and policemen had to run them down. A young draftee, a writer named Marion Hargrove, came to Ft. Bragg and saw humor in Army life the way Pop told it, so he wrote a book called "See Here, Private Hargrove" that became a best-seller and later a movie.

After the war, Marion went to California to write for television. One day he called my father and said, "Johnny, I am coming to Fayetteville and write a story about you." Mother said they moved in cameras and everything for about a week. "You Will Never Get Rich, But He Did!" was published in Life magazine in 1949. Later, someone from True Experiences called my mother and wanted to do a story on Army life from a wife's experience, and it was published as "It Takes a North Carolina Woman!"

My father lived to be 85 and served on the Fayetteville School Board for many years after his retirement. I am happy to be an Army brat and proud of my father's service.

Gerry Kalista, Mooresville, EnergyUnited

The change

I worked at a day job on an assembly line when this particular day while working I began to sweat and have cold chills at the same time. So I decided to get off and go to see my doctor. I stopped by the place my husband worked at, and he too said I should go on to the doctor.

While I was gone, my husband picked up my 4-year-old, and he was sitting on the sofa beside Daddy when I came home. I proceeded to put up my purse when out of the blue my husband asked so concerned, "Honey, what did the doctor say?" I replied that the doctor said that I have started to go through "the change."

All of a sudden my 4-year-old asked really concerned, "Mommy, what are you going to change into?"

Betty Lee, Clinton, South River EMC

When we left Dad to die

Back in the 1970s I was fortunate enough to camp at Carolina Beach State Park several times each summer. It was always fun and carefree, but then again I had never experienced a tropical storm while camping.

As my parents set up the tent, the local radio stations kept talking about this tropical storm that would arrive during the night. Mom wanted to leave, and Dad wanted to stay. Well, Dad won, kinda.

We settled in for the night to a nice breeze and distant lightning. All was good for a few hours. Dad was snoring, and Mom was awake and highly irritated. As the wind got higher, she told him to "get up!" He said, "I like storms. Go to sleep."

Well, Mom said, "heck with him," and packed us into the truck. She aimed the headlights toward the tent hoping Dad would get up. Almost immediately, a gust took a few tent poles, and all you could see was a monstrous figure fighting to get out of a tent. The rain began to pour down. Dad was so mad that we "left him to die." Hilarious now!

Saundra Oliver, Supply, Brunswick EMC

Watching TV with Romay

I remember how my husband, Romay, and I loved to watch TV from our bed, he on the right side and I on the left.

He died Nov. 4, 2009, and about a month later I heard his voice from the other side of the bed: "Lattice, you finished looking at 'Ophra?'" I responded, "I have just finished. It was nice of you to not interrupt. You remember that I do not like to be disturbed when I am watching her show."

About three months later, I heard his voice from the other side of the bed saying, "Lattice, I would like to see a western." I replied, "Romay, I had all the western movies deleted after you passed. I know you realize that I didn't particularly like westerns, but loved to look at them with you because you loved them so much."

About five months later, he came back and asked me if I was still awake. I said, "I will always be awake when you visit me, and we can look at TV."

Lattice B. McKoy, Rose Hill, Four County EMC

Five stars

This picture was taken in the mid-1930s. These are my five brothers who served in WWII. There were also five girls in the family for a total of 10. We grew up in Michigan on a 40-acre farm. The oldest, James, served in Germany. The second in the picture is Robert, who served in the Army Engineers and placed pontoons over waterways in Belgium and Germany so troops could cross into battle areas. Next, George Jr. served in the Philippines. Henry was an airborne radio operator in combat areas in Vietnam, Philippines, Okinawa and Manila. Philip, the tiny one, served in Puerto Rico. My four sisters, three of whom were nurses, had to join the Cadet Nurses Corps and worked in veterans hospitals in Ohio and Kansas. In those days, families who had a son in the service had a small flag with a star on it in their front window. Our flag had five stars.

All the boys returned home safely except James who lost a finger. The girls in the family were Frances, Agnes, Mary, Edna and Grace.

Edna Humphrey Corrigan, Winston-Salem, EnergyUnited

Granddaddy's scuppernong grapes

At a country store in Brevard not long ago, the overflowing peach basket of greenish gold scuppernongs and their unmistakable aroma brought me back to Granddaddy's backyard "vineyard." I could hear the bees buzzing around the ripening fruit and taste the sweetness of the freshly picked scuppernongs and dark purple grapes that he grew on his homemade cedar post arbor.

When the day arrived to pick the fruit, the fun really began. Grandmother hulled the grapes and brought the hulls to simmer on her kerosene kitchen stove. When she determined all the juice was out of the hulls, she poured the juice through an upright sieve lined with cheesecloth, using the pestle to squeeze out every drop of juice. She then processed the juice into a wonderful grape jelly that would have made Welch's envious. To her, it would be sinful to waste the fruit. I do know that they never made scuppernong wine. That would have invoked sin on a whole other level.

Rebecca Walters, Waxhaw, Union Power Cooperative

You can reach Charles Joyner by e-mail: joyner@carolinacountry.com

Letter Perfect!

Can you insert one letter between these two words to make another word?

MILD_WED

When Abraham Lincoln and Stephen A. Douglas held a series of debates in 1858, one of the series was held on the campus of Knox College in Galesburg, Illinois. To reach the raised platform which had been erected for the event the pair had to go through a building and out a window. Having done so, Lincoln commented: "At last I've gone through college."

This story was told by Lincoln scholar Harold Holzer in his book on the Lincoln-Douglas debates

Early to Bed?

"Early to bed
and early to rise"
may make a
man both wealthy
and wise.
With "healthy"
I can't come
to terms:
We know that early birds get worms!

-cgj

TUXEDO

	T	X			
U		E	X		
		D	T		X
E		T	O		
			D		T
			U	X	

Tuxedo, a town in Henderson County, was called Lakewood until it was renamed to avoid confusion with another Lakewood. Tuxedo was chosen because it was considered euphonious. Fill in this grid so that each row, each column, and each 2x3 rectangle contains all six letters of TUXEDO.

Revised Fairy Tales

The punster is writing a story about Goldilocks and her grandparents. He is going to call it "Goldilocks and _ _ _ _ _ _ _ _ _ _ _ _ S."

m r l a b l r c r s l e

Use the capital letters in the code key below to fill in the blanks above.

A B E F H O R S means
s c r a m b l e

MATCHBOXES

Each digit in this multiplication problem stands for the letter below it. Solve the problem and write your answer in the box tops, one digit to each box. Then match boxes to find a hidden word in your answer.

2	6	5	7	1	8	3	6	6
R	M	S	B	P	G	E	M	M

							X	2
								R

			T					

For answers, please see page 33

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31	11.46	11.03	13.91	12.16	20.48	18.29
32	11.55	11.11	14.57	12.60	20.91	18.73
33	11.64	11.11	15.44	13.04	21.35	19.16
34	11.64	11.11	16.32	13.48	21.35	19.60
35	11.73	11.20	17.41	13.91	21.79	20.04
36	12.08	11.46	17.85	14.79	23.98	21.35
37	12.43	11.81	18.29	15.88	26.16	22.23
38	12.86	12.25	18.94	16.98	28.79	23.98
39	13.39	12.69	19.82	18.29	31.85	25.73
40	13.91	13.21	20.48	19.82	34.91	27.48
41	14.61	13.65	21.79	20.48	36.23	28.79
42	15.40	14.18	23.10	21.35	37.54	30.10
43	16.36	14.70	25.07	22.23	39.29	32.29
44	17.41	15.40	26.82	23.32	41.04	34.04
45	18.55	16.10	29.01	24.41	43.23	36.23
46	18.90	16.63	30.54	26.38	47.16	38.85
47	19.25	17.15	32.07	28.57	51.98	41.48
48	19.69	17.85	34.26	31.19	57.66	45.41
49	20.21	18.55	36.44	34.04	63.79	48.91
50	20.74	19.34	38.85	37.32	70.35	53.29
51	22.05	20.39	42.57	38.85	76.48	57.23
52	23.63	21.61	46.73	40.60	83.48	62.04
53	25.46	23.01	51.76	42.79	92.23	67.73
54	27.48	24.59	57.23	44.98	101.41	73.85
55	29.66	26.34	63.35	47.60	111.48	80.85
56	32.29	27.74	69.69	50.88	118.91	86.10
57	35.35	29.23	76.69	54.82	127.23	92.23
58	39.03	31.15	85.44	59.63	137.73	99.23
59	42.96	33.16	94.63	64.44	148.66	107.10
60	47.34	35.44	105.13	70.13	160.91	115.85
61	50.93	37.98	114.32	76.48	177.10	125.91
62	54.95	40.78	125.04	83.69	195.04	137.29
63	59.94	44.36	137.94	92.44	217.35	151.29
64	65.19	48.04	151.51	101.85	240.98	166.16
65	71.14	52.24	167.04	112.35	267.66	182.79
66	81.11	59.06	182.13	126.79	305.73	216.04
67	92.49	66.85	199.19	142.98	348.60	253.23
68	106.49	76.48	220.19	163.10	401.54	299.60
69	121.19	86.54	242.29	184.10	457.10	348.16

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. $100,000 - $500,000 rates are Select-A-Term [policy form no. 07007] Preferred Non-tobacco. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on Annual Renewable Term at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. The underwriting risks, financial and contractual obligations and support functions associated with products issued by **American General Life Insurance Company (AGL)** are its responsibility. **AGL** does not solicit business in the state of New York. Policies and riders not available in all states. Premium rates current as of August 2013; rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. The policy may be contested for two years from the date of issue for material misstatements or omissions on the application. Death benefit is limited to return of premium paid in the event of suicide within first two years. Rates subject to change. Standard Marketing Services represents AGL and other fine insurance companies.

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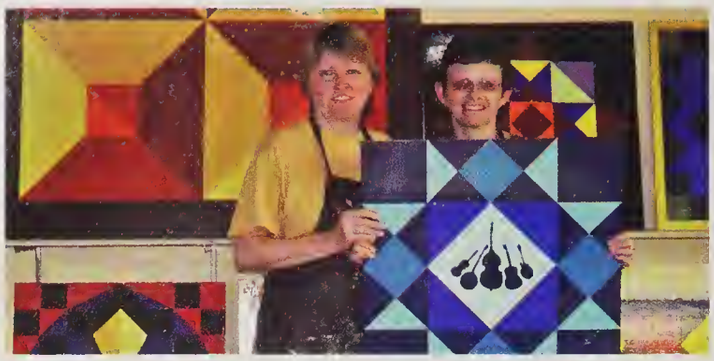


Quilt Square Girls

When Renee and Syndi Brooks painted their first barn quilt, called "Log Cabin Star," it drew enthusiasm and interest from their friends and neighbors in Ashe County. Thus Quilt Square Girls was born, and since their first barn quilt the two women have created about 600 more. (Renee and Syndi credit the Ashe County Arts Council and its Barn Quilt Project for inspiration and help along the way. For more about that arts project, including a map of barn quilt loop trails, visit ashecountyarts.org/BarnQuilt.htm). Quilt Square Girls' custom squares are painted on plywood treated for exterior use. Prices vary based on complexity of pattern and size—a basic 2-by-2-foot starts at $65. Quilt Square Girls is based in Jefferson and ships squares to places across the United States. Follow them on Facebook and contact them through their phone or website below.

(336) 385-0197
ilovebarnquilts.com

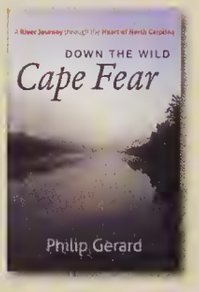
Midgard Serpents Reptile Rescue

This nonprofit in Cameron offers services for both native and exotic species of reptiles. Chris Eichele and his wife, Diane Hamilton, run the 501 non-profit from their home on out-of-pocket funds and donations. The most common circumstances for receiving injured animals are traffic accidents, but Chris and Diane also assist unwanted pets and rehabilitate animals taken from the wild that need to re-learn survival skills. The couple's two children help socialize and feed the more tame reptiles. When the animals are healthy and ready to find new homes, they are put up for adoption. Midgard Serpents Reptile Rescue also goes on the road to participate in festivals and educational presentations in schools. It is licensed by the North Carolina Wildlife Resource Commission as a wildlife rehabilitation center and is recognized by the National Amphibian and Reptile Rescue Alliance.

(919) 498-1156
midgardserpents.webs.com

on the bookshelf

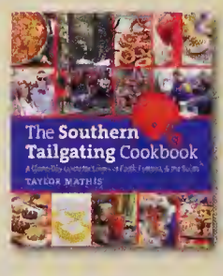
Down The Wild Cape Fear



Author Philip Gerard explores the fabled waters of the Cape Fear River and guides readers on the 200-mile voyage from the confluence of the Deep and Haw rivers at Mermaid Point to the Cape of Fear on Bald Head Island. Accompanying Gerard by canoe and powerboat are people passionate about the river, among them a river guide, a photographer, a biologist, a river keeper, and a boat captain. Historical voices also lend their wisdom to our understanding of this river's long history, which has been a main artery of commerce, culture, settlement and war for the region since it was first discovered in 1524. Gerard also examines the environmental and political issues being played out along Cape Fear waters, including commerce and environmental stewardship, and wilderness and development. 276 pages, $30 (hardcover and e-book). Published by The University of North Carolina Press in Chapel Hill. Gerard, a UNC-Wilmington professor, lives on Whiskey Creek near the Intercoastal Waterway.

(800) 848-6224
uncpress.unc.edu

The Southern Tailgating Cookbook



Featuring 110 vibrant recipes inspired by the author's many tailgating tours, this new cookbook presents vibrant color photographs and essential preparation instructions. Recipes cover a full day of game-day meals, with both simple and extravagant dishes that range from Sunshine Muffins and Chicken-Sweet Potato Kabobs to Zesty Arugula and Kale Salad, and Deep-Fried Cookie Dough. Tailgating enthusiast Taylor Mathis supplies readers with drink recipes as well, such as Lime-Cooler Punch, along with day-before checklists, advice on packing and setup and food safety information. Mathis, who lives in Charlotte, also includes humorous rundowns on unique southern football traditions, from fans' game-day attire and hand signals to the music of the marching bands. Published by The University of North Carolina Press in Chapel Hill. 240 pages, $30 (hardcover and e-book).

(800) 848-6224
uncpress.unc.edu

Porch Dogs

The porch has been the Southern gathering place for centuries, and while many of us have moved indoors, dogs still hold vigil on the welcome mat. Photographer and architect Nell Dickerson traveled across the South to capture snapshots of this Southern tradition in her latest book "Porch Dogs." Dickerson fondly recalls childhood nights on the sleeping porch of her grandparents' home—the sounds of katydids, cicadas and tree frogs and the merciful breeze from the overhead fan. She presents 60-plus shots of man's best friend, combining fine-art portraits of dogs with architectural documentation of the Southern porch. The uplifting collection of mostly candid photographs introduces a variety of canines, including "house dogs," "yard dogs," "shop dogs," "swing dogs," "top dogs," "under dogs" and "dock dogs." Published by John F. Blair, Publisher of Winston-Salem. Hardcover, 112 pages, $29.95. Also available as an e-book ($7.99–$9.99) at e-book retailers such as Apple, Barnes & Noble and Amazon.

(800) 222-9796
blairpub.com

Civil War Roster Index is online

Historians, genealogists and kin can now view online a master index of approximately 115,000 North Carolinians who fought in the Civil War. The online cumulative index covers 18 volumes of "North Carolina Troops, 1861-1865: A Roster." The online index contains an entry for each man listed in the series with the volume number and page number where his service record is listed or where he is otherwise mentioned. It does not list company and regiment but cross referencing of variant name spellings is available. The index database also contains entries for all the persons, places and military units mentioned in the histories.

In the print volumes, the rosters are arranged numerically by regiment or battalion and alphabetically by company. Most public and academic libraries hold volumes of the "North Carolina Troops" series. Individual volumes and copies of individual pages can be purchased from Historical Publications at the second website below.

http://cwroster.ncdcr.gov
www.ncpublications.com

Motorcycle rides in western N.C.

Because of the popularity of motorcycle rides in western North Carolina, a colorful ride guide map is available for ride enthusiasts. The rides range from 33 miles to 200-plus miles, from mild to difficult, and all offer spectacular mountain views. Featured rides include The Dragon & Cherohala Skyway, Nantahala Gorge and Wayah Bald, The Great Easy Waterfall Ride, Mt. Mitchell & Chimney Rock, Short & Sweet, and The Rattler. The accompanying directions are detailed and specific, with mileage and time estimates. The free brochure also includes Blue Ridge Parkway highlights, phone numbers for visitor centers in Canton, Maggie Valley and Waynesville, and a description of the motorcycle museum Wheels Through Time in Maggie Valley. You can call and request the guide or download it from the website below.

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By James Dulley

Energy-efficient landscaping

Smart tree placement can lower your electric bill and increase comfort year-round

Smart landscaping can do more than just create an attractive yard. It can also lower your utility bills, summer and winter, and improve your family's comfort year-round.

Trees are critical components to a good plan. The primary goal of efficient landscaping with trees is to shade your home during summer, yet allow the sun to pass through during winter. Additional goals are, depending upon your climate, to allow cool evening breezes to flow around your house and to provide moisture for evaporative cooling of air near your house.

In most North Carolina locations, a typical efficient tree landscaping plan has deciduous trees to the south, southeast and southwest. The leaves block the sun during summer, but when the leaves fall, the sun shines through to heat your home. Leave a small gap to the southwest to allow cooler evening breezes to flow through.

Plant dense evergreens along the north, northeast and northwest sides, which block cold winter winds. With shorter days and the sun lower in the sky during winter, not much solar heat comes from these directions.

In hot, humid weather, shading during summer is most important. Taller trees closer to your home can block the sun, which is higher in the sky.

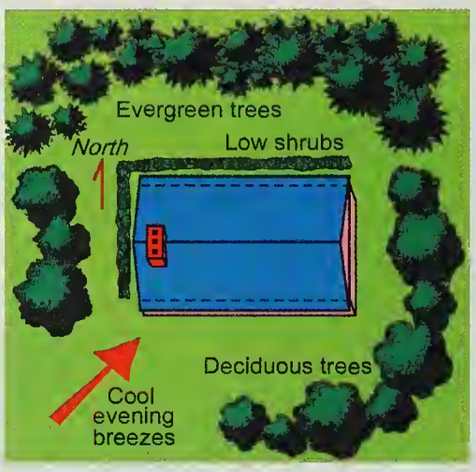
Alternatives to grass include ground cover plants and gravel. Low-growing ground cover near your house can help to keep it cool during summer. The leaves block the sun's heat from absorbing into the ground, and they give off moisture for natural cooling. The additional moisture from plants near the house, however, can increase the relative humidity level. This is more of a problem if you rely on natural ventilation than when air-conditioning with the windows closed.

Landscaping with gravel eliminates the need to water grass, but it can raise the air temperature around your house, particularly in the evening. This helps in the winter, but you may want gravel shaded by deciduous trees during the summer.

A good location for ground cover is between an asphalt or cement driveway (or walkway) and the sunny side of your house. A hot driveway can radiate heat up to your house. Planting taller ground cover between it and house walls can block some of this heat.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit dulley.com

The deciduous trees on the south side of the home allow the sun's heat through during winter. Evergreens are located to the northeast.



A typical efficient tree landscaping plan for a temperate climate, with concerns for summer cooling and winter heating. Note the evergreen windbreak to the north and northwest sides.

Ground cover plants and boulders are shaded by trees during the summer and the rocks help warm the home during winter.

N.C. plant hardiness zones

North Carolina's weather varies significantly from one part to another. It has three zones (6, 7 & 8, further divided by "a' and "b" such as 6a). To determine your zone, put in your zip code at planthardiness.ars.usda.gov. If you select trees that thrive in a climate more than one or two zones outside your zone, they may not do well and may require excessive care.

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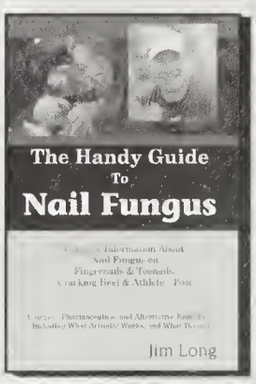

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September Events

The North Carolina Museum of Art has amassed nearly 650 works by North Carolina artists, and is presenting a selection from these acquisitions in its North Carolina Gallery. "Close to Home: A Decade of Acquisitions" includes paintings, photographs, sculptures, and mixed-media works. It features work by well-known favorites such as Bob Trotman, Beverly McIver, and George Bireline alongside brand-new works by artists such as Linda Foard Roberts, John Rosenthal, Peter Glenn Oakley, and Anne Lemanski.

The exhibition's first rotation is on view now through February 9, 2014. The second rotation goes February 16, 2014, through August 10, 2014. (Shown: "Truly Grateful" by McIver). (919) 839-6262 or ncartmuseum.org

Mountains (west of I-77)

Quilt Legacy
Sept. 6–7, North Wilkesboro
(336) 667-0202

Tickling The Ivories Concert
Sept. 7, West Jefferson
(336) 846-2787
ashecountyarts.org

Grandfather Mountain Kidfest
Sept. 7, Linville
(800) 468-7325
grandfather.com

The Hunger Games
Movie on the Meadows
Sept. 7, Chimney Rock
(828) 429-9011
chimneyrockpark.com

Railway History At Tweetsie
Sept. 7–8, Blowing Rock
(919) 277-1160
tweetsie.com

Music On The Mountain
Sept. 14, Chimney Rock
(828) 429-9011
chimneyrockpark.com

Art In The Park
Sept. 14, Collettsville
(828) 758-2278

American Girl Scout Day
Sept. 14, Linville
(800) 468-7325
grandfather.com

Run For The Red
Red Cross benefit
Sept. 14, Valle Crucis
(828) 266-3670
redcross.org/boonerun

Literary Festival
Sept. 17–21, West Jefferson
(336) 846-2787
onthesamepagefestival.org

Celebration Of The Arts
Sept. 19–22
(828) 288-5009
rcvag.com

Elliot Engel
Presentation on Sherlock Holmes
Sept. 20, West Jefferson
(336) 846-2787
ashecountyarts.org

Quilts In The Attic
Sept. 20–21, West Jefferson
(336) 973-3424
ashequilters.org

Flock To The Rock
Fall migration birding event
Sept. 21–22, Chimney Rock
(828) 429-9011
chimneyrockpark.com

Quilt Show
Sept. 27–29, Fletcher
(828) 499-0199
ashevillequiltguild.org/show.html

Art On The Mountain
Sept. 28, West Jefferson
(336) 846-2787
ashecountyarts.org

Dulcimer player Neal Hellman
Sept. 28, West Jefferson
(336) 846-2787
ashecountyarts.org

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Red, White & Bluegrass Jam
First & Third Tuesdays, Foscoe
(828) 963-3546
facebook.com/rwbj.boone.nc

Guided House Tours
Wednesday–Saturdays, Marion
(828) 724-4948
historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Concerts At The Creek
Fridays, Sylva
(800) 962-1911
mountainlovers.com

Hot Nights, Hot Cars
Cars & beach band
First Saturdays, Pilot Mountain
(336) 368-2541
hotnightshotcars.com

Cruise In
Second Saturdays
Through Sept. 14, Dobson
(336) 648-2309
facebook –Dobson Cruise In

Hickory Ridge Living History Museum
Through Oct. 26, Boone
(828) 264-2120
hickoryridgemuseum.com

Live Bluegrass Music
Fridays, Union Mills
(828) 748-7956
unionmillslearningcenter.org

Wild Mushroom Walks
Sept. 6–7, Chimney Rock
(828) 429-9011
chimneyrockpark.com

Watauga Dog Jog
Supporting homeless animals
Sept. 14–July 16, Boone
(828) 264-9348
wataugahumanesociety.org

Ghost Train Halloween Train
Sept. 27–Nov. 2, Blowing Rock
(919) 277-1176
tweetsie.com

Piedmont (between I-77 & I-95)

Army Soldier Show
Sept. 3–4, Fayetteville
(910) 438-4100
atthecrown.com

Metrolina Expo Marketplace
Sept. 5–8, Charlotte
(704) 714-7909
icashows.com

Ken Knox & Company
Beach music
Sept. 6, Belmont
(704) 829-7711
visitgaston.org

Coot Williams Road Bluegrass Festival
Sept. 6–7, Cherryville
(704) 447-5090
catawbavalleymusicrevival.com

Gem, Mineral, Jewelry & Fossil Show
Sept. 6–8, Winston Salem
(336) 699-2217
forsythgemclub.com

Lafayette Birthday Celebration
Sept. 7, Fayetteville
(910) 644-0137
lafayette250.com/events.php

Hot Rods 2 High Heels Expo
Sept. 7, Fayetteville
(910) 438-4100
hotrods2highheels.com/#

Festival Of Yesteryear
Sept. 7, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Listing Deadlines:
For Nov.: Sept. 25
For Dec.: Oct. 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Celebration Of Grandparents
Sept. 7, Fayetteville
(910) 527-5437
facebook.com

NC Gourd Society Festival
Sept. 7–8, Raleigh
(336) 634-3397
ncgourdsociety.org

Premiere Of The Salon Series
Symphony orchestra
Sept. 12, Fayetteville
(910) 433-4690
fayettevillesymphony.org

Black Image & Spontanes
Rotary Pavilion concert series
Sept. 13, Gastonia
(704) 907-6092
downtowngastonia.com

Gary Sinise & Lt. Dan Band
Benefit for wounded soldiers
Sept. 13, Fayetteville
(718) 987-1931
metrotix.com

Caravan BBQ Cook-Off
Sept. 13–14, Belmont
(704) 829-7711
visitgaston.org

Discover The Trailhead
of Western North Carolina
This project received support from
Golden LEAF
FOUNDATION
Morganton
NORTH CAROLINA
There's a place where trails lead back into Waldensian history, deep into glasses of local wine, and to a spot where the lights of Brown Mountain
surround you. Discover it. Morganton, NC. It's just a day trip away. Visit TrailheadWNC.com or call 888.462.2921 to plan your adventure.

Street Festival
Sept. 14, Denton
(336) 633-9166

Pottery Fest
Sept. 14, Wake Forest
(919) 556-7864
undertheoaksnc.com

Fall Festival & Grape Stomp
Sept. 14, Wagram
(910) 369-0411
cypressbendvineyards.com

Stokes Stomp
Festival On The Dan
Sept. 14–15, Danbury
(336) 593-8159
stokesarts.org

Reid Thomas Lecture
Northeastern N.C.'s early architecture
Sept. 19, Raleigh
(919) 833-3431
joellane.org

Brass Americana Quintet
Fall concert series
Sept. 20, Fayetteville
(910) 486-0221
capefearbg.org

Dailey Vincent Fest
Sept. 20–21, Denton
(336) 859-2755
daileyvincentfest.com

Greek Festival
Sept. 20–22, Raleigh
(919) 673-4300
greekfestivalraleigh.com

Bright Leaf Hoedown
Sept. 21, Yanceyville
(336) 694-6106
caswellchamber.com

Cool Cars & Rods Cruise In
Sept. 21, Mount Airy
(336) 786-4511
mountairydowntown.org

Bahama Day
Sept. 21, Bahama
(919) 477-4990
bahama-ruritan.com

Bluegrass In The Park
Sept. 21, Albemarle
(980) 581-1931
littlecreekmusicpark.com

Taste Of Gaston
Sept. 21, Gaston
(704) 864-4554
unitedwaygaston.org

Sweet Potato Festival
Sept. 21, Rockford
(336) 374-5317
rockfordgeneralstore.com

Fall Festival
Sept. 21, Lillington
(910) 893-3751
lillingtonchamber.org

Mayberry Days Festival
Sept. 26–29, Mount Airy
(336) 786-7998
mayberrydays.org

Bug Ball
Family fun
Sept. 27, Belmont
(704) 829-1290
dsbg.org

Southern Stockhorse Show
Sept. 27–28, Lumberton
(843) 333-6493
southernstockhorse.com

Ag Expo & Fair
Sept. 27–28, Wadesboro
(704) 694-2915
anson.ces.ncsu.edu

Folk Festival
Sept. 27–29, Fayetteville
(910) 323-1776
theartscouncil.com

World Hunger Day & Yard Sale
Sept. 28, Huntersville
(704) 875-1521
fbc-h.org

Pansy Open House
Sept. 28, King
(336) 983-4107
mitchellsnurseryandgreenhouse.com

Fall Festival
Car show, crafts, kids activities
Sept. 28, Youngsville
(919) 556-4026
youngsvillefallfestival.com

Arts Festival
Sept. 28, Mount Holly
(704) 827-5262
mounthollyfoundation.org

Pumpkin Festival
Sept. 28–29, Bear Creek
(919) 837-5363

ONGOING

Fourth Friday
Fayetteville
(910) 323-1776
theartscouncil.com

The North Carolina Seafood Festival
October 4-6, 2013
Morehead City Waterfront
Celebrating our 27th year
PRESENTED BY U.S. Cellular
FREE ENTERTAINMENT including
Eric Paslay
Rachel Farley
Band of Oz
Purchase NC Seafood & Local Faire at the Open-Aire Market
SasSea's Island Playground in the Park
On 10th & Evans. Hands-on activties for kids 8 years and under
Meet SasSea!
Food Vendors - Friday through Sunday
Shrimp, Crab, Oysters, Flounder and more, served every way imaginable.
Family Fun
Amusement Rides, Arts and Crafts Vendors, Fireworks, Flounder Fling, Food, Food and more Food!
Sporting Events
Twin Bridges 8k Road Race, Family Pier Fishing Classic, Sailing Regatta
Cooking with the Chefs Tent
Seafood sampling with renowned chefs showing you how to cook local seafood.
Toast to the Coast
Restaurant week September 30 - October 13
Visit ToastToTheCoast.org
Southern Outer Banks Boat Show & More! at the N.C. State Port
Recreation Vehicles, Boats and Educational Information
Sat & Sun, FREE
The North Carolina Seafood Festival
Morehead City, NC 28557 • 252-726-6273
www.ncseafoodfestival.org
* All events, times, locations and performers are subject to change without notice

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
At Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

Art In Clay
Through Sept. 1, Raleigh
(919) 807-7900
ncmuseumofhistory.org

The Stars Are Not Wanted Now
Melanie Schiff photography
Through Sept. 1, Raleigh
(919) 513-0946
camraleigh.org

Yadkin River Wine Trail Mini-Festivals
Through Oct. 6, Boonville
(336) 367- 6000
yadkinriverwinetrail.com

Foodwares
Pottery for food storage & preparation
Through Oct. 26, Seagrove
(336) 873-8430
ncpotterycenter.com

Granville County Museums
Rotating exhibits
Through Oct. 31, Oxford
(919) 693-9706
granvillemuseumnc.org

Centennial Exhibit
Terry Sanford High School
Through Nov. 30, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Bluegrass Music
Saturdays, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Mammal Safari—A Journey of Discovery
Through Dec. 31, Gastonia
(704) 866-6908
schielemuseum.org

Beulah United Church of Christ in the Welcome community of Davidson County marks its 225th anniversary with special events Sept. 5-8. Philip Sauer in the 1750s was among the German settlers in the area, and he gave 11 acres for the log meeting house erected in 1788. For more about the events, e-mail beulahinfo@yahoo.com or call (336) 731-4575.

Cumberland County Goes to War
Through Dec. 31, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Peace In The Park
Concert series
Sept. 5–26, Lumberton
(910) 739-9999
keeppeaceinthepark.com

NC Shakespeare Festival's Macbeth
Sept. 6–29, Winston Salem
(336) 841-2273
festivalstage.org

County Fair
Sept. 12–22, Fayetteville
(910) 438-4100
cumberlandcountyfair.org

Monty Python's Spamalot
Sept. 13–Oct. 6, Hickory
(828) 328-2283
hickorytheatre.org

The Little Prince
Sept. 19–Oct. 6, Fayetteville
(910) 323-4234
cfrt.org

Rent—Rock Opera
Sept. 19–Oct. 6, Fayetteville
(910) 678-7186
gilberttheater.com

Capturing Light Reception
Paintings, blown glass
Sept. 27, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Coast (east of I-95)

Nature Trek With A Ranger
Sept. 3, Swansboro
(910) 326-2600

Collard Festival
Sept. 5–8, Ayden
(252) 746-7080
aydencollardfestival.com

Kids Night In/Parents Night Out
Sept. 6, Swansboro
(910) 326-2600

Indian Summer Festival
Sept. 6–7, Hertford
(252) 426-5657
historichertfordinc.org

Old Fashioned Fish Fry
Sept. 7, Pantego
(252) 927-2570
pantegoacademy.com

Intercultural Festival
Storytelling, music, food tasting
Sept. 7, Supply
(910) 842-6566
bcifestival.org

Bike MS 2013
Sept. 7–8, New Bern
(800) 344-4867
bikemsnewbern.org

Monster Truck Show
Sept. 13–14, Newport
(252) 223-4019

Hollerin Heritage Festival
Sept. 14, Spivey's Corner
(910) 260-1174
www.hollerincontest.com

Classic Car Show
Sept. 14, Scotland Neck
townofscotlandneck.com

Family Pirate Day
Sept. 14, Cedar Point
(252) 728-7317
ncmaritimemuseums.com

Surfing Championships
Sept. 14–21, Nags Head
(877) 629-4386
outerbanks.org

Wave Jam
Sept. 16–21, Cape Hatteras National Seashore
(877) 629-4386
outerbanks.org

There are more than 200 markets in North Carolina offering fresh produce and more. For information about one near you, visit:
www.ncfarmfresh.com/farmmarkets.asp

Day At The Docks
Celebration of Hatteras watermen
Sept. 19–22, Hatteras Village
(877) 629-4386
outerbanks.org

Jacob Johnson In Concert
Sept. 20, New Bern
(252) 646-4657
downeastfolkarts.org

Women's Expo
Sept. 21, New Bern
(252) 635-5658
encshows.com

Peanut Festival
Sept. 21, Dublin
(910) 648-2862
dublinpeanutfestival.com

Heritage Festival
Sept. 21, Trenton
(252) 671-9711
jcheritagefestival.com

Car & Tractor Show
Sept. 21, Beulaville
(910) 298-3804
tarkilfarmsmuseum.com

Generation Bluegrass
Sept. 21, Smithfield
(919) 209-2099
jccperformingarts.com

Jacob Johnson In Concert
Sept. 21, Beaufort
(252) 646-4657
downeastfolkarts.org

Harvest Festival
Sept. 21, Bethel
(252) 531-7027
hometownbethel.com

Triathlon
Sept. 21–22, Outer Banks
(877) 629-4386
outerbanks.org

Oktoberfest
Sept. 27, New Bern
(252) 637-9400
newbernrotary.org

Ballroom Dancing
Sept. 28, Greenville
(252) 551-5966
greenvillencusadance.org

Kitchens Of New Bern Tour
Sept. 28, New Bern
(252) 288-6713
newbern.foodbankenc.org

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk
First Friday, Greenville
(252) 329-4200
uptowngreenville.com

Downtown Market
Wednesday & Saturday
Through Sept. 28, Swansboro
(910) 326-2600

East Carolina Motor Speedway
Through Sept., Williamston
(252) 385-0218
visitmartincounty.com

Making Of Gone With The Wind
Movie costumes, props, memorabilia
Through Dec., Elizabeth City
(252) 335-1453
museumofthealbemarle.com

Dead Wood Western Theme Park
Through Dec., Williamston
(252) 792-8516
visitmartincounty.com

N.C. State Fair

2013 CONCERT SCHEDULE

October 17–27

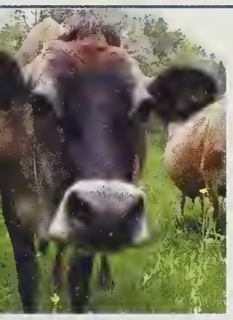
The 2013 State Fair fall concert lineup will feature performances by rock, country, contemporary Christian and bluegrass musicians, along with a Michael Jackson tribute band. Shows run Oct. 17–27 in Dorton Arena. Doors open at 6:30, shows begin at 7:30.

Check the website for more information, seating chart and ticket availability and sales: ncstatefair.org

Thursday, Oct. 17: Sister Hazel, $5
Friday, Oct. 18: Francesca Battistelli and Building 429, $10
Saturday, Oct. 19: Joe Nichols, $10
Sunday, Oct. 20: Florida Georgia Line (sold out)
Monday, Oct. 21: Scotty McCreery, $25*
Tuesday, Oct. 22: Scotty McCreery, $25*
Wednesday, Oct. 23: Dailey and Vincent, $5
Thursday, Oct. 24: Who's Bad (Michael Jackson tribute), $5
Friday, Oct. 25: MercyMe, $15
Saturday, Oct. 26: Randy Houser, $10
Sunday, Oct. 27: Eli Young Band, $15

**10-ticket limit per transaction. Tickets subject to availability.*

Grammy-nominated country musician Joe Nichols ("Brokenheartsville") will appear at Dorton Arena at the N.C. State Fair on Saturday, Oct. 19.



Where's the Cheese?

In western North Carolina, a new guide helps you find people who make, sell and serve local cheeses

By Marilyn Jones

"Western North Carolina has a lot to offer," says Jennifer Perkins who owns Looking Glass Creamery with her husband, Andy. "But as much as there is to do, sometimes people want something a little different."

So Jennifer and other cheese producers joined forces to launch WNC Cheese Trail this year. With the support of local restaurants and specialty shops, they are further able to showcase their products to the general public.

"Some of our members have been in business for decades while others are relatively new to cheese making," she says. "What we all have in common is our love for the process, the creativity and our ability to provide local products to local businesses."

Most of the stops on the trail are in Asheville and the surrounding area and each offers something a little different. Some cheese producers, like Looking Glass Creamery, have retail space. Jennifer says they have expansion plans to open a tasting room and picnic area for visitors. In some cases a stop at a creamery is simply a way to meet the cheese maker and discuss the process.

"The idea is to build your own itinerary," Jennifer explains. "Visit a farm, sample the cheese at a local restaurant, and take some home."

For its inaugural year, three creamery stops on the tour have regular business hours and five are available to visit by appointment. Maps are offered at local tourist spots, retailers, and restaurants that support the cheese trail and its members. Or you can download the map at wnccheesetrail.org.

"Another positive thing to come from the growth and development of the cheese trail is the personal connections found in the network," says Jennifer. "Included in our extended family are employees, dairy farmers, retailers, customers, caterers, distributors, farm friends, cheese mongers, chefs and restaurants that support and encourage the evolution of this business."

Above: *Cameron Farlow of Looking Glass Creamery scoops curd for their award-winning Ellington cheese.*

Top: *Jersey cows provide the milk for cheese at Yellow Branch Farm.*

Right: *Blue Ridge Mountain Creamery sells cave-aged cheeses.*

Take some home

Hickory Nut Gap Farm & Store in Fairview has been buying direct from farmers for years and now stocks Looking Glass Creamery cheese alongside 100 percent grass-fed beef, locally made jams, honey and pickles, and free range chicken eggs.

"And we offer lots of family-oriented activities especially in the fall," says employee Walker Sides. "We have a you-pick pumpkin patch, round bale maze and animal petting."

The Cheese Store in Asheville is another great place to purchase locally produced cheese. The store carries products from WNC Cheese Tour locations and other North Carolina producers including Three Graces Dairy, Victor Chiarizia Artisan Cheese, Yellow Branch, Looking Glass Creamery, Round Mountain Creamery and Spinning Spider.

If you plan to purchase cheese, bring a cooler and ice packs for the journey home. Some retailers also offer direct shipping.

Marilyn Jones is a travel writer based in Texas.

When you go

- **Hickory Nut Gap Farm & Store**
  57 Sugar Hollow Road in Fairview is open daily from 9 a.m.–8 p.m. in September and October, and 10 a.m. –5 p.m. the rest of the year. (828) 628-1027, hickorynutgapfarm.com
- **The Cheese Store**
  86 Patton Ave. in Asheville is open Sunday and Monday noon–6 p.m., Tuesday and Wednesday 11:30 a.m. –7 p.m., and Thursday– Saturday 11:30 a.m.–8 p.m. (828) 254-6453, csasheville.com
- **Princess Ann Hotel**
  301 East Chestnut Street in Asheville was built in 1924. The hotel was recently restored to offer guests the feel of an earlier time and is listed on the National Register of Historic Places. (828) 258-0986, princessannehotel.com
- **WNC Cheese Trail**
  (828) 458-0088, wnccheesetrail.org
- **Asheville Convention and Visitors**
  37 Montford Avenue, Asheville. (828) 258-6101, exploreasheville.com

For suggestions on area restaurants and places that offer great cheese dishes, go to carolinacountry.com

By Hannah McKenzie

Home on the range

The energy-efficient way of using cooking appliances

Q: I am remodeling my kitchen and wanted to replace my old appliances with Energy Star appliances. Stoves don't seem to come with an Energy Star option. Without the Energy Star label, how do I know that I'm selecting an energy-efficient stove? Is there such a thing?

A: There is currently no Energy Star label available for residential ovens, ranges or microwaves. The amount of energy that these appliances consume depends on how often you use them. There are a few features and habits that can ensure you are using the least energy possible when cooking.

Let's start with shopping for your new stove:

Whether you choose a freestanding stove, or a cooktop and separate oven, the energy use will be the same.

Electric or gas? Cooking is a small portion of your total energy use, so choose fuel based on your personal preference. If you choose gas, make sure that you also install an energy-efficient range hood above the cooktop that exhausts outdoors. Use the range hood anytime that you use the cooktop or oven.

Cooktop element? For gas cooktops, there is no measurable difference in efficiency between conventional burners with electric ignition (the most common) and sealed burners. Electric elements—in order of least to most efficient—include solid disk, exposed coil (the most common), radiant, halogen, and induction. According to the American Council for an Energy-Efficient Economy (ACEEE): "Unless you do a lot of cooking, it is probably hard to justify the fancier cooktop technologies on energy savings alone. It would probably be most cost-effective to stick with an electric coil or radiant element and put your money into better cookware."

Type of oven? Most folks have convection ovens. A convection oven uses a fan to circulate hot air around the food that is being cooked. Convection ovens on average use 20 percent less energy than conventional ovens because typical temperatures and cook times can be reduced.

Self-cleaning oven? These ovens are more energy-efficient because they have more insulation. If you use the self-cleaning option more than once a month, you'll end up using more energy than what you save from the extra insulation.

Whether you choose a freestanding stove, or a cooktop and separate oven, the energy use will be the same.

Let's talk about habits

For your cooktop, choose appropriate cookware. Match the pan to the burner size. Also, make sure that your pans have sturdy flat bottoms. A warped pan will not cook food as quickly or efficiently. Keep the burners clean and shiny!

For your oven, minimize your preheat time by making sure that you're ready to pop the food in immediately. Don't peek in the oven more than you have to. (Having a window in the oven can help alleviate this problem.) Avoid using the self-clean cycle; use baking soda, vinegar and elbow grease instead. Choose baking dishes that hold heat like glass, ceramic or good ol' cast iron so you can drop the oven temperature by 25 degrees.

Consider other cooking appliances. Imagine it is 100 degrees outside, the air conditioning is running almost constantly and is barely keeping your house cool. You need to make supper but don't want to heat up the house. Eureka! You can bake the pork chops in the toaster oven, green beans and sweet potatoes in the microwave. If you cook like it is 100 degrees outside all the time, you will consistently save.

After you remodel your kitchen and change your habits, the change you notice on your power bill will vary. Households spend about $30 to $250 per year using their cooktop and oven. $250 is 68 cents per day or $21 per month. The folks that frequently cook are the ones who have the greatest potential for savings.

Hannah McKenzie is a freelance writer and former residential building science consultant for Advanced Energy in Raleigh.

For more information
http://aceee.org/consumer/cooking

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Vacation Rental

BEACH HOUSE, N. Myrtle Beach, SC. 4BR/2B, sleeps 12–14. 828-478-3208. Send e-mail for photos to: bnagel36@charter.net

BLOWING ROCK CHETOLA RESORT, 2BR, 2BA condo. hbauman@bellsouth.net

OCEAN LAKES CAMPGROUNO, Myrtle Beach. 2/BR, 1/BA house, sleeps 6. $800/week openings in August. 336-956-4405.

FAMILY OWNEO HOME IN ASHE COUNTY, NC. Beautiful view of Pheonix Mountain. Two porches for outside relaxation. Fireplace and TV. 336-982-3685.

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Miscellaneous

PLAY GOSPEL SONGS BY EAR–$12.95. "Learn Gospel Music." Chording, runs, fills–$12.95. Both $24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204. 913-262-4982.

OIVORCE MAOE EASY. Uncontested, lost, alien, in prison. $179.95. 417-443-6511

BECOME AN ORDAINED MINISTER, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, 6630 West Cactus, #B107-767, Glendale, AZ 85304. www.ordination.org

FREE BOOKS/OVOs–SOON THE "MARK" of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771. 1-888-211-1715. thebiblesaystruth@yahoo.com

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Garden Orzo Risotto

- 1 small zucchini, chopped
- 1 shallot, chopped
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 cup uncooked whole wheat orzo pasta
- 2 cups vegetable broth
- 1 cup 2 percent milk
- 1 package (6 ounces) fresh baby spinach
- 2 medium tomatoes, seeded and chopped
- ¼ cup minced fresh basil
- ⅓ cup grated Parmesan cheese
- Salt and pepper to taste

In a large saucepan, sauté zucchini and shallot in oil until almost tender. Add garlic; cook 1 minute longer. Add the orzo, broth and milk. Bring to a boil. Reduce heat to medium-low cook and stir for 10–15 minutes or until liquid is almost absorbed.

Stir in the spinach, tomatoes and basil; cook and stir until spinach is wilted. Remove from heat; stir in the cheese, salt and pepper.

Yield: 6 servings

Beef and Pepper Kabobs

- 3 tablespoons lemon juice
- 2 tablespoons vegetable oil
- 1 large onion, finely chopped
- 1½ teaspoons dried thyme
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 pounds sirloin, cut into 1-inch cubes
- 1 each green, yellow, orange and red peppers

In a resealable plastic bag or shallow glass container, combine lemon juice, oil, onion, thyme, salt and pepper. Add meat; turn to coat. Seal bag or cover container; refrigerate 6 hours or overnight. Drain and discard marinade.

Cut peppers into 1-inch squares and thread onto metal or soaked wooden skewers alternately with meat. Grill over hot heat, turning often, 12–15 minutes or until the meat reaches desired doneness.

Yield: 6–8 servings

Frosty Toffee Bits Pie

- 1 package (3 ounces) cream cheese, softened
- 2 tablespoons sugar
- ½ cup half and half cream
- 1 carton (8 ounces) frozen whipped topping, thawed
- 1 package (8 ounces) milk chocolate English toffee bits, divided
- 1 graham cracker crust (9 inches)

In a large bowl, beat cream cheese and sugar until smooth. Beat in cream until blended. Fold in whipped topping and 1 cup toffee bits.

Spoon into crusts; sprinkle with the remaining toffee bits. Cover and freeze overnight. Remove from the freezer 10 minutes before serving.

Yield: 6–8 servings

From Your Kitchen

Pull Apart Onion Bread

- 1 loaf white artisan bread, round
- 1 stick butter, melted
- ¾ cup finely chopped green onion
- ½ teaspoon salt
- 1 tablespoon dried parsley
- Bacon bits (optional)
- 2 blocks (8 ounces each) of sharp white cheddar cheese, sliced into ¼ inch pieces. Depending on the size of the loaf, you may not need 2 blocks, unless you like it very cheesy.

Preheat oven to 350 degrees.

With a sharp bread knife, slice through the bread without going all the way to the bottom. Continue making these slices 1 inch apart through the whole loaf, turn and make same slices all the way around the bread. (This will be cut like a blooming onion sliced.)

Slice cheese in small strips and place between each opening.

Mix the melted butter, salt, parsley and chopped green onion (and optional bacon bits). Pour this mixture over the loaf making sure to get it between the openings.

Wrap the loaf tightly with tinfoil and bake on baking sheet for 20 minutes. Open the foil around the loaf and continue baking for 10–15 minutes until the top is a little crispy. Remove from oven and serve immediately.

Flavor variations: Use Italian bread (or bread of your choice) and slice as noted. Cut up 1 cup pepperoni into fourths. Use mozzarella cheese, sliced or shredded. Melt 1 stick of butter with 1 teaspoon Italian seasonings. Assemble the same way, adding the pepperoni and cheese in between the openings and pour butter mixture into all cracks. Cook as above.

Recipe courtesy of
Megan Wiggins of Wilmington

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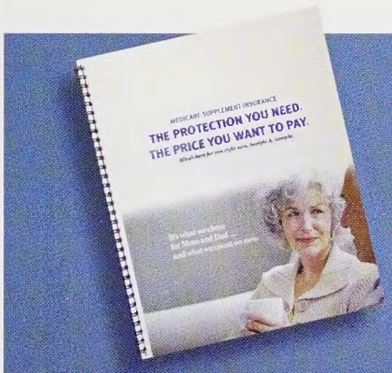

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